

# Shabbat Shalom from Temple Sinai!

This is for the Kabbalat Shabbat Service  
for Friday, June 19, 2026.

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of *Mishkan T'filah*, our siddur.

## **Shabbat Shalom!**

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# NIGGUN

a wordless melody

as we center ourselves for Shabbat

I begin with a prayer of gratitude  
for all that is holy in my life.

God needs no words, no English or Hebrew,  
no semantics and no services.

But I need them.

Through prayer, I can sense my inner strength,  
my inner purpose,  
my inner joy, my capacity to love.

As I reach upward in prayer,  
I sense these qualities in my Creator.  
To love God is to love each other,  
to work to make our lives better.  
To love God is to love the world God created  
and to work to perfect it.  
To love God is to love dreams of peace and joy  
that illumine all of us,  
and bring that vision to life.

*Baruch atah Adonai*

*Eloheinu, Melech haolam,*

*asher kid'shanu b'mitzvotav,*

*v'tzivanu l'hadlik*

*ner shel Shabbat.*

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,

וְצִוָּנוּ לְהַדְלִיק

נֵר שֶׁל שַׁבָּת.

Blessed are You, Adonai our God, Sovereign of the universe,  
who hallows us with mitzvot,  
commanding us to kindle the light of Shabbat.

# MAH YAFEH HAYOM

*Mah yafeh hayom,  
Shabbat Shalom.*

מַה יְפֵה הַיּוֹם,  
שַׁבַּת שְׁלוֹם.

How lovely today is,  
Shabbat Shalom.

## PSALM 95

*L'chu n'ran'na l'Adonai,  
nariyah l'tzur yisheinu.*

*N'kadmah fanav b'todah,  
biz'mirot naria lo.*

*Ki El gadol Adonai,  
uMelech gadol al kol elohim.*

לְכוּ נְרַנְּנָה לַיהוָה,

נְרִיעָה לְצוּר יִשְׁעֵנוּ.

נִקְדְּמָה פָּנָיו בְּתוֹדָה,

בְּזִמְרוֹת נְרִיעֵ לוֹ.

כִּי אֵל גָּדוֹל יְיָ,

וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

Come, let us sing joyously to Adonai, raise a shout for our Rock and Deliverer;  
let us come into God's presence with praise; let us raise a shout for God in song!

For Adonai is a great God, the great ruler of all divine beings.

# L'CHAH DODI

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 1)

*Shamor v'zachor b'dibur echad,*      שְׁמֹר וְזָכוֹר בְּדַבָּר אֶחָד,  
*hishmianu El ham'yuchad,*      הִשְׁמִיעֵנוּ אֵל הַמְיֻחָד,  
*Adonai echad ush'mo echad, l'shem*      יְיָ אֶחָד וּשְׁמוֹ אֶחָד,  
*ul'tiferet v'lit'hilah.*      לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהְלָה.

“Keep” and “remember”: a single command  
the Only God caused us to hear;  
the Eternal is One, God’s Name is One;  
glory and praise are God’s.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 2)

*Likrat Shabbat l'chu v'neilcha,*

*ki hi m'kor hab'rachah,*

*meirosh mikedem n'suchah,*

*sof maaseh b'machashava t'chilah.*

לְקַרְאֵת שַׁבָּת לָכוּ וְנִלְכָה,

כִּי הִיא מְקוֹר הַבְּרָכָה,

מֵרֵאשִׁי מִקֵּדֶם נְסוּכָה,

סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תְּחִלָּה.

Come with me to meet Shabbat,

forever a fountain of blessing.

Still it flows, as from the start:

the last days, for which the first was made.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 3)

*Mikdash Melech, ir m'luchah,*      מִקְדַּשׁ מֶלֶךְ עִיר מְלוּכָה,  
*kumi tz'l mitoch hahafeichah,*      קוּמִי צְאִי מִתּוֹךְ הַהַפְּיָכָה,  
*rav lach shevet b'emek habacha,*      רַב לָךְ נְשִׁבֶת בְּעֵמֶק הַבְּכָא,  
*v'hu yachamol alayich chemlah.*      וְהוּא יַחְמוֹל עָלֶיךָ חֶמְלָה.

Royal shrine, city of kings,  
rise up and leave your ravaged state.

You have dwelt long enough in the valley of tears;  
now God will shower mercy on you.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 4)

*Hitnaari, mei-afar kumi,*                      הַתְנַעֲרִי, מֵעַפָּר קוּמִי,  
*livshi bigdei tifarteich ami,*                      לְבִשֵׁי בְגָדֵי תִפְאַרְתְּךָ, עַמִּי,  
*al yad ben Yishai Beit haLachmi,*                      עַל יַד בֶּן יִשָּׁי בֵּית הַלַּחְמִי,  
*karvah el nafshi g'alah.*                      קַרְבָּה אֶל נַפְשִׁי גְאֹלָה.

Lift yourself up! Shake off the dust!  
Array yourself in beauty, O my people!  
At hand is Bethlehem's David, Jesse's son,  
bringing deliverance into my life.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 5)

*Hitor'ri, hitor'ri,*

*ki va oreich, kumi ori,*

*uri uri shir dabeiri,*

*k'vod Adonai alayich niglah.*

הַתְּעוֹרְרִי הַתְּעוֹרְרִי,

כִּי בָּא אֹרֶךְ קוֹמִי אֹרִי,

עֹרִי עֹרִי שִׁיר דַּבְּרִי,

כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

Awake, awake,

your light has come!

Arise, shine, awake and sing:

the Eternal's glory dawns upon you.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 6)

*Lo teivoshi v'lo tikalmi,*      לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי,  
*mah tishtochachi umah tehemi,*      מַה תִּשְׁתַּחֲחִי וּמַה תִּהְיֶמֶי,  
*bach yochesu aniyei ami,*      בָּךְ יַחֲסוּ עַנְיֵי עַמִּי,  
*v'nivn'tah ir al tilah.*      וְנִבְנְתָה עִיר עַל תִּלָּהּ.

An end to shame and degradation  
forget your sorrow; quiet your groans.  
The afflicted of my people find respite in you,  
the city renewed upon its ancient ruins.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 7)

*V'hayu lim'shisah shosayich,  
v'rachaku kol m'valayich,  
yasis alayich Elohayich,  
kimsos chatan al kalah.*

וְהָיוּ לְמַשְׁסָּה שְׁאֶסְיִךְ,  
וְרַחֲקוּ כָּל מְבַלְעֵיךְ,  
יָשִׁישׁ עָלֶיךָ אֱלֹהֶיךָ,  
כִּמְשׁוֹשׁ חָתָן עַל כַּלָּה.

The scavengers are scattered,  
your devourers have fled;  
as a bridegroom rejoices in his bride,  
your God takes joy in you.

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 8)

*Yamim usmol tifrotzi,  
v'et Adonai taaritz,  
al yad ish ben partzi,  
v'nism'chah v'nagilah.*

יָמֵן וְשִׁמְאֵל תִּפְרוֹצִי,  
וְאֶת־יְיָ תַעֲרִיצִי,  
עַל יַד אִישׁ בֶּן פַּרְצִי,  
וְנִשְׁמְחָת וְנִגִּילָהּ.

Your space will be broad,  
your worship free:  
await the promised one;  
we will exult, we will sing for joy!

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

(Verse 9)

*Bo-i v'shalom ateret ba'lah,  
gam b'simcha uv'tzoholah,  
toch emunei am s'gulah,  
bo-i challah, bo-i challah.*

בּוֹאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָהּ,  
גַּם בְּשִׂמְחָה וּבְצִהּוֹלָהּ,  
תּוֹךְ אֲמוּנֵי עַם סְגֻלָּהּ,  
בּוֹאִי כִּלָּה, בּוֹאִי כִּלָּה.

Enter in peace, O crown of your husband;  
enter in gladness, enter in joy.  
Come to the people that keeps its faith.  
Enter, O bride! Enter, O bride!

(Refrain)

*L'chah dodi likrat kalah,  
p'nei Shabbat n'kab'lah.*

לְכָה דוּדִי לְקַרְאֵת כַּלָּה,  
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;  
Beloved, come to greet Shabbat.

*Shalom Aleichem,*

*malachei hashareit,*

*malachei elyon,*

*mimelech mal'chei ham'lachim,*

*HaKadosh Baruch Hu.*

שְׁלוֹם עֲלֵיכֶם ,

מַלְאַכֵי הַשָּׁרֵת ,

מַלְאַכֵי עֲלִיוֹן ,

מִמְלֶךְ מַלְכֵי הַמְּלָכִים ,

הַקָּדוֹשׁ בָּרוּךְ הוּא .

Peace be to you, O ministering angels,  
messengers of the Most High.

Majesty of majesties, Holy One of Blessing.

*Bo-achem l'shalom,  
malachei hashalom,  
malachei elyon,  
mimelech mal'chei hamlachim  
HaKadosh Baruch Hu.*

בוֹאֲכֶם לְשָׁלוֹם ,  
מַלְאַכֵי הַשָּׁלוֹם ,  
מַלְאַכֵי עֲלִיוֹן ,  
מִמְלֶכֶת מַלְכֵי הַמְּלָכִים ,  
הַקְּדוֹשׁ בְּרוּךְ הוּא .

Enter in peace, O messengers of Peace,  
angels of the Most High.  
Majesty of majesties, Holy One of Blessing.

*Bar'chuni l'shalom,*

*malachei hashalom,*

*malachei elyon,*

*mimelech mal'chei hamlachim*

*HaKadosh Baruch Hu.*

בְּרַכּוּנִי לְשָׁלוֹם ,  
מַלְאַכֵי הַשָּׁלוֹם ,  
מַלְאַכֵי עֲלִיוֹן ,  
מִמְלֶכֶת מַלְכֵי הַמְּלָכִים ,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bless me with peace, O messengers of peace,  
angels of the Most High.

Majesty of majesties, Holy One of Blessing.

*Tzeit'chem l'shalom,  
malachei hashalom,  
malachei elyon,  
mimelech mal'chei hamlachim  
HaKadosh Baruch Hu.*

צֵאתְכֶם לְשָׁלוֹם ,  
מַלְאַכֵי הַשָּׁלוֹם ,  
מַלְאַכֵי עֲלִיוֹן ,  
מִמְלֶכֶת מַלְכֵי הַמְּלָכִים ,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Depart in peace, O messengers of peace,  
angels of the Most High.

Majesty of majesties, Holy One of Blessing.

*Yitgadal v'yitkadash sh'meih raba  
b'alma di v'ra chiruteih,  
v'yamlich malchuteih  
b'chayeichon uvyomeichon  
uvchayei d'chol beit Yisrael,  
baagala uvizman kariv,  
v'imru: Amen.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעַלְמָא דִּי בְרָא כְרַעוּתֵיהּ,  
וַיְמַלִּיךְ מַלְכוּתֵיהּ  
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעֵגְלָא וּבְזַמַּן קָרִיב,  
וְאָמְרוּ אָמֵן.

Exalted and hallowed be God's great name, in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel – speedily, imminently. To which we say: Amen.

*Y'hei sh'meih raba m'varach  
l'alam ul-almei almaya.*

יְהִי שֵׁמִיָּה רַבָּא מְבָרַךְ  
לְעַלְמֵי וְלְעַלְמֵי עַלְמֵיָּא.

*Yitbarach v'yishtabach, v'yitpaar  
v'yitromam v'yitnasei,  
v'yit-hadar v'yitaleh v'yit-halal  
sh'meih d'kudsha b'rich hu,*

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר  
וְיִתְרוֹמַם וְיִתְנַשֵּׂא,  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
שֵׁמִיָּה דְקֻדְשָׁא בְרִיךְ הוּא,

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and  
lauded be the name of the Holy Blessed One,

*l'eila min kol*

*birchata v'shirata,*

*tushb'chata v'nechemata,*

*daamiran b'alma,*

*v'imru: Amen.*

לְעַלְמָא מִן כָּל

בְּרַכְתָּא וְשִׁירָתָא,

תְּשׁוּבָתָא וְנֶחֱמָתָא,

דְּאֲמִירוֹ בְּעַלְמָא,

וְאָמְרוּ: אָמֵן.

Beyond the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

*Barchu et Adonai ham'vorach!*

*Baruch Adonai ham'vorach*

*l'olam vaed!*

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ!

בְּרוּךְ יְיָ הַמְּבֹרָךְ

לְעוֹלָם וָעֶד!

Praise Adonai to whom praise is due forever!

Praised be Adonai to whom praise is due,

now and forever!

*Baruch atah Adonai,*

*Eloheinu Melech haolam,*

*asher bid'varo maariv aravim,*

*b'chochmah poteiach sh'arim,*

*u'vit'vunah m'shaneh itim*

*umachalif et hazmanim,*

בָּרוּךְ אַתָּה יְיָ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בְּדַבְּרוֹ מַעֲרִיב עַרְבִים,

בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים,

וּבְתַבּוּנָה מְשַׁנֶּה עֵתִים,

וּמַחְלִיף אֶת הַזְּמַנִּים,

Blessed are You, Adonai our God, Ruler of the universe,  
who speaks the evening into being,  
skillfully opens the gates,  
thoughtfully alters the time and changes the seasons,

*um'sadeir et hakochavim*

*b'mishm'roteihem barakia*

*kirtzono. Borei yom valailah,*

*goleil or mipnei choshech,*

*v'choshech mipnei or. Uma'avir*

*yom umeivi lailah,*

וּמְסַדֵּר אֶת הַכּוֹכָבִים

בְּמִשְׁמֹרֹתֵיהֶם בְּרַקִּיעַ

כְּרָצוֹנּוֹ. בּוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

וְחֹשֶׁךְ מִפְּנֵי אוֹר.

וּמַעֲבִיר יוֹם וּמַבִּיא לַיְלָה,

and arranges the stars in their heavenly courses according to plan.

You are Creator of the day and night,

rolling light away from darkness and darkness from light,

transforming day into night

*umavdil bein yom uvein lailah,*

*Adonai tz'vaot sh'mo.*

*El chai v'kayam,*

*tamid yimloch aleinu l'olam*

*va'ed. Baruch atah Adonai,*

*hamaariv aravim.*

וּמַבְדִּיל בֵּין יוֹם וּבֵין  
לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיִם,

תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם

וְעַד. בָּרוּךְ אַתָּה יְיָ,

הַמַּעֲרִיב עֶרְבִים.

and distinguishing one from the other.

*Adonai Tz'vaot is Your Name.*

Ever-living God, may You reign continually over us into eternity.

Blessed are You, Adonai, who brings on evening.

*Ahavat olam beit Yisrael*

*amcha ahavta, Torah umitzvot,*

*chukim umishpatim*

*otanu limad'ta.*

*Al kein Adonai Eloheinu,*

*b'shochbeinu uv'kumeinu*

*nasiach b'chukecha,*

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל  
עִמָּךְ אַהֲבָתְךָ, תּוֹרָה וּמִצְוֹת,

חֻקִּים וּמִשְׁפָּטִים

אוֹתָנוּ לְמַדְתָּ.

עַל כֵּן יְיָ אֱלֹהֵינוּ,

בְּשׁוֹכְבֵינוּ וּבְקוּמֵנוּ

נִשְׁיַח בְּחֻקֶיךָ,

Everlasting love you offered Your people Israel by teaching us Torah and mitzvot, laws and precepts. Therefore, Adonai our God, when we lie down and when we rise up, we will meditate on Your laws and Your commandments.

*v'nismach b'divrei Torat'cha*

*uv'mitzvotecha l'olam va-ed.*

*Ki heim chayeinu v'orech yameinu,*

*uvahem neh'geh yomam valailah.*

*V'ahavat'cha al tasir*

*mimenu l'olamim.*

*Baruch atah Adonai,*

*ohev amo Yisrael.*

וְנִשְׂמַח בְּדִבְרֵי תּוֹרַתְךָ

וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.

כִּי הֵם תַּיִינוּ וְאָרְךָ יַמֵּינוּ,

וּבָהֶם נִהְגָה יוֹמָם וְלַיְלָה.

וְאַהֲבַתְךָ אֶל תִּסִּיר

מִמֶּנּוּ לְעוֹלָמִים.

בָּרוּךְ אַתָּה יְיָ,

אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

We will rejoice in Your Torah for ever. Day and night we will reflect on them for they are our life and doing them lengthens our days. Never remove Your love from us. Praise to You, Adonai, who loves Your people Israel.

*Sh'ma, Yisrael:*

*Adonai Eloheinu,*

*Adonai echad!*

*Baruch shem k'vod*

*malchuto l'olam va-ed.*

שְׁמַע יִשְׂרָאֵל,

יְהוָה אֱלֹהֵינוּ,

יְהוָה אֶחָד.

בָּרוּךְ שֵׁם כְבוֹד

מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Hear O Israel, Adonai is our God, Adonai is One!  
Blessed is God's glorious majesty, forever and ever.

*V'ahavta et Adonai Elohecha,  
b'chol l'vavcha uv'chol nafsh'cha  
uv'chol m'odecha. V'hayu had'varim  
ha-eileh asher anochi m'tzav'cha  
hayom al l'vavecha.*

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ,  
בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ,  
וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים  
הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ  
הַיּוֹם, עַל לִבְבְּךָ.

You shall love Adonai your God with all your heart,  
with all your soul, and with all your might.

Take to heart these instructions with which I charge you this day.

*V'shinantam l'vanecha, v'dibarta*

*bam, b'shivt'cha b'veitecha,*

*uv'lecht'cha vaderech,*

*uv'shochb'cha uv'kumecha.*

*Uk'shartam l'ot al yadecha, v'hayu*

*l'totafot bein einecha. Uch'tavtam*

*al m'zuzot beitecha uvish'arecha.*

וּשְׁנַנְתֶּם לְבָנֵיכֶם, וּדְבַרְתֶּם

בָּם, בְּשִׁיבְתְּכֶם בְּבֵיתְכֶם,

וּבְלֶכְתְּכֶם בַּדֶּרֶךְ,

וּבְשֹׁחַבְכֶם, וּבְקוּמְכֶם.

וּקְשַׁרְתֶּם לְאוֹת עַל יָדְכֶם, וְהָיוּ

לְטֹטְפוֹת בֵּין עֵינֵיכֶם. וּכְתַבְתֶּם

עַל מְזוֹזוֹת בֵּיתְכֶם וּבְשַׁעְרֵיכֶם.

Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

*L'maan tizk'ru, vaasitem et*

*kol mitzvotai, vih'yitem k'doshim*

*l'Eloheichem. Ani Adonai Eloheichem,*

*asher hotzeiti et-chem mei-eretz*

*Mitzrayim lih'yot lachem l'Elohim*

*ani Adonai Eloheichem.*

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת  
כָּל מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים  
לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם,  
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ  
מִצְרַיִם, לֵהֵיוֹת לָכֶם לֵאלֹהִים,  
אֲנִי יְיָ אֱלֹהֵיכֶם.

Thus you shall remember to observe all My commandments and to be holy to your God. I am Adonai, your God, who brought you out of the land of Egypt to be your God: I am Adonai your God.

Standing on the parted shores of history  
we still believe what we were taught  
before ever we stood at Sinai's foot;

that wherever we go, it is eternally Egypt  
that there is a better place, a promised land;  
that the winding way to that promise  
passes through the wilderness.

That there is no way to get from here to there  
except by joining hands, marching  
together.

*Mi chamochah ba'eilim, Adonai,*

*Mi kamochah nedar bakodesh,*

*nora t'hilot, oseih fele!*

מִי כְּמֹכָה בְּאֵלִים יְיָ,

מִי כְּמֹכָה נְאֻדָּר בְּקֹדֶשׁ,

נוֹרָא תְהִלֹת, עֹשֶׂה פִלְא.

Who is like You, O God, among the gods that are worshipped?

Who is like You, majestic in holiness,  
awesome in splendor, working wonders?

*Malchut'cha ra-u vanecha,*

*bokei-a yam lifnei Moshe.*

*Zeh Eli, anu v'amru,*

*Adonai yimloch l'olam va-ed!*

מַלְכוּתְךָ רָאוּ בְּנֵי יִשְׂרָאֵל,  
בוֹקַעַי יָם לְפָנַי מִיָּשָׁה,  
זֶה אֱלֹהֵי עַמּוֹ וְאָמְרוּ:  
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

Your children witnessed Your sovereignty,  
the sea splitting before Moses and Miriam.

“This is our God!” they cried.

“Adonai will reign forever and ever!”

*V'ne-emar:* וְנֵאמָר:  
*ki fadah Adonai et Yaakov,* כִּי פָדָה יי אֶת יַעֲקֹב,  
*ug'alo miyad chazak mimenu.* וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.  
*Baruch atah, Adonai, gaal Yisrael.* בָּרוּךְ אַתָּה יי, גֹּאֵל יִשְׂרָאֵל.

Thus it is said, “Adonai redeemed Jacob,  
from a hand stronger than his own.”

Praised are You, Adonai, for redeeming Israel.

Grant, O God, that we lie down in peace,  
and raise us up, our Guardian, to life renewed.  
Spread over us the shelter of Your peace.  
Guide us with Your good counsel; for Your Name's sake, to be our help.  
Shield and shelter us beneath the shadow of Your wings.  
Defend us against enemies, illness, war, famine and sorrow.  
Distance us from wrongdoing.  
For You, God, watch over us and deliver us.  
For You, God, are gracious and merciful.  
Guard our going and coming, to life and to peace, evermore.

Blessed are you, Adonai, Guardian of Israel,  
whose shelter of peace is spread over us,  
over all Your people Israel, and over Jerusalem.

בָּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ  
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

*Baruch atah Adonai, haporeis sukat shalom aleinu  
v'al kol amo Yisrael v'al Yerushalayim.*

*V'shamru v'nei Yisrael et HaShabbat,  
laasot et HaShabbat l'dorotam  
b'rit olam.*

*Beini u'vein b'nei Yisrael  
ot hi l'olam,  
ki sheishet yamim asah Adonai  
et hashamayim v'et haaretz,  
u'vayom hashvi-i shavat vayinafash.*

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,  
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם  
בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל  
אֹת הִיא לְעוֹלָם,  
כִּי שֵׁשֶׁת יָמִים עָשָׂה יי  
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

The people of Israel shall keep Shabbat,  
observing Shabbat throughout the ages as a covenant for all time.

It is a sign for all time between Me and the people of Israel.

For in six days Adonai made heaven and earth,  
and on the seventh day God ceased from work and was refreshed.

*Adonai, s'fatai tiftach,  
ufi yagid t'hilatecha.*

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,  
וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai, open up my lips,  
that my mouth may declare Your praise.

*Baruch atah, Adonai Eloheinu*

*v'Elohei avoteinu v'imoteinu,*

*Elohei Avraham, Elohei Yitzchak,*

*v'Elohei Yaakov, Elohei Sarah,*

*Elohei Rivkah, Elohei Rachel*

*v'Elohei Leah.*

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי  
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,  
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,  
אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.

Blessed are You, Adonai our God, God of our fathers and our mothers.

God of Abraham, God of Isaac, and God of Jacob, God of Sarah,

God of Rebecca, God of Rachel, and God of Leah.

*Ha-El hagadol hagibor v'hanora,*

*El elyon, gomeil chasadim tovim,*

*v'konei hakol, v'zocheir*

*chasdei avot v'imahot,*

*umeivi g'ulah liv'nei v'neihem*

*l'maan sh'mo b'ahavah.*

הַאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,

אֵל עֶלְיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים,

וְקוֹנֵי הַכּוֹל, וְזוֹכֵר

חַסְדֵי אָבוֹת וְאִמָּהוֹת,

וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם,

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

the great, mighty and awesome God, transcendent God who bestows loving kindness, creates everything out of love, remembers the love of our fathers and mothers, and brings redemption to their children's children for the sake of the Divine Name.

*Melech ozeir umoshia umagein.*      מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגִּין.  
*Baruch atah Adonai,*      בָּרוּךְ אַתָּה יְיָ,  
*magein Avraham v'ezrat Sarah.*      מַגִּין אַבְרָהָם וְעֶזְרַת שָׂרָה.

Sovereign, Deliverer, Helper and Shield,  
Blessed are You, Adonai,  
Sarah's Helper, Abraham's Shield.

*Atah gibor l’olam, Adonai,  
m’chayeih hakol [meitim] atah,  
rav l’hoshia.*

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי,  
מְחַיֶּה הַכֹּל (מֵיַתִּים) אַתָּה,  
רַב לְהוֹשִׁיעַ.

*Morid hatal.*

מֹרִיד הַטַּל.

You are forever mighty, Adonai;  
You give life to all (revive the dead).  
and have a great ability to save.  
You rain dew upon us.

*M’chalkeil chayim b’chesed*

*m’chayei hakol [meitim]*

*b’rachamim rabim,*

*someich noflim,*

*v’rofei cholim,*

*umatir asurim,*

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחַיֶּה הַכֹּל (מֵיָתִים)

בְּרַחֲמִים רַבִּים,

סוֹמֵךְ נוֹפְלִים,

וְרוֹפֵא חוֹלִים,

וּמַתִּיר אֲסוּרִים,

You sustain life through love, giving life to all (reviving the dead)  
through great compassion, supporting the fallen, healing the sick,  
freeing the captive,

*um’kayeim emunato lisheinei afar,*

*Mi chamochah baal g’vurot*

*umi domeh lach, Melech meimit*

*um’chayeh umatzmiach y’shuah.*

*V’ne-eman atah*

*l’hachayot hakol (meitim).*

וּמְקַיִם אֱמוּנָתוֹ לִישְׁנֵי עָפָר,

מִי כְמוֹךָ בַעַל גְּבוּרוֹת

וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית

וּמַחְיֶה וּמַצְמִיחַ יְשׁוּעָה.

וְנֶאֱמָן אַתָּה

לְהַחְיֹת הַכֹּל (מֵתִים).

keeping faith with those who sleep in the dust.

Who is like You, Source of mighty acts? Who resembles You,  
a Sovereign who takes and gives life, causing deliverance to spring up  
and faithfully giving life to all (reviving that which is dead)?

בָּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל (הַמֵּתִים).

*Baruch atah Adonai, m'chayeih hakol (hameitim).*

Blessed are You, Adonai, who gives life to all (who revives the dead).

*Atah kadosh v'shimcha kadosh*

*uk'doshim b'chol yom*

*y'hal'lucha, selah.*

*Baruch atah, Adonai,*

*Ha-El hakadosh.*

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,

וְקַדְוֹשִׁים בְּכָל יוֹם

יְהַלְלוּךָ סֵלָה.

בָּרוּךְ אַתָּה, יי,

הָאֵל הַקָּדוֹשׁ.

You are holy, Your name is holy,  
and those who are holy praise you every day.  
Blessed are You, Adonai, the holy God.

We take a moment  
for silent prayer.

If you have your own copy of the siddur,  
please continue silently to page 62.

*Oseh shalom bimromav,  
hu ya'aseh shalom aleinu,  
v'al kol Yisrael,  
v'al kol yoshvei teivel,  
v'imru: Amen.*

עֹשֶׂה שְׁלוֹם בְּמִרְוּמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל,  
וְעַל כָּל יוֹשְׁבֵי תֵבֵל,  
וְאָמְרוּ אָמֵן.

May the One who makes peace in the high heavens make peace for us,  
for all of Israel and all who inhabit the earth. Amen.

Assemble the people, men, women, and children,  
and the strangers in your cities,  
to hear, to learn, to revere Adonai your God,  
to observe faithfully the words of this Torah.  
And let their children, who do not yet know it, hear,  
that they, too, may learn to revere Adonai your God.

*Ki mitziyon teitzei Torah,  
udvar Adonai miY'rushalayim.*

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה,  
וּדְבַר יְיָ מִירוּשָׁלַיִם.

From out of Zion will come the Torah,  
and the word of Adonai from Jerusalem.

*Baruch shenatan Torah  
l'amo Yisrael bikdushato.*

בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ  
יִשְׂרָאֵל בְּקִדְּשׁוֹ.

Blessed is God who in holiness gave  
the Torah to the people Israel.

*Sh'ma Yisrael, Adonai Eloheinu,  
Adonai Echad!*

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ,  
יְיָ אֶחָד.

Hear, O Israel, Adonai is our God,  
Adonai is One.

*Echad eloheinu,  
gadol Adoneinu,  
kadosh sh'mo.*

אֶחָד אֱלֹהֵינוּ,  
גָּדוֹל אֲדוֹנֵינוּ,  
קָדוֹשׁ שְׁמוֹ.

Our God is One,  
Adonai is great,  
holy is God's name.

*Gadlu l'Adonai iti,  
un'rom'mah sh'mo yachdav.*

גְּדֹלוֹ לַיְיָ אֱתִי,  
וְנִרְוֶמָה שְׁמוֹ יַחְדָּו.

Exalt Adonai with me,  
let us extol God's name together.

*L'cha, Adonai, hag'dulah,  
v'hag'vurah, v'hatiferet,  
v'haneitzach, v'hahod—  
ki-chol bashamayim uvaaretz.  
L'cha, Adonai, hamamlachah  
v'hamitnasei, l'chol l'rosh.*

לְךָ, יְיָ, הַגְּדֹלָה  
וְהַגְּבוּרָה, וְהַתְּפִאָּרֶת,  
וְהַנִּצָּחַת, וְהַהוֹד,  
כִּי־כֹל בַּשָּׁמַיִם וּבָאָרֶץ.  
לְךָ, יְיָ, הַמַּמְלָכָה  
וְהַמִּתְנַשֵּׂא, לְכֹל לְרֹאשׁ.

Yours, Adonai, is the greatness, might, splendor, triumph,  
and majesty—yes, all that is in heaven and on earth;  
To You, Adonai, belong sovereignty and preeminence above all.

*Al sh'loshah d'varim*

*haolam omeid:*

*al HaTorah v'al haavodah*

*v'al g'milut chasadim.*

עַל שְׁלֹשָׁה דְבָרִים

הָעוֹלָם עוֹמֵד:

עַל הַתּוֹרָה וְעַל הָעֲבוֹדָה

וְעַל גְּמִילוּת חֲסָדִים.

The world is sustained by three things:

Torah, worship and loving deeds.

*Bar'chu et Adonai ham'vorach.* בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.  
*Baruch Adonai ham'vorach l'olam va-ed.* בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.  
*Baruch atah, Adonai* בָּרוּךְ אַתָּה, יְיָ  
*Eloheinu, Melech haolam,* אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
*asher bachar banu mikol haamim,* אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,  
*v'natan lanu et Torato.* וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.  
*Baruch atah, Adonai, notein haTorah.* בָּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

Bless Adonai who is blessed.

Blessed is Adonai who is blessed now and forever.

Blessed are You, Adonai our God, Sovereign of the universe,  
who has chosen us from among the people, and given us the Torah.

Blessed are You, Adonai, who gives the Torah.

<sup>1</sup>Now Korah, son of Izhar son of Kohath son of Levi, betook himself, along with Dathan and Abiram sons of Eliab, and On son of Peleth—descendants of Reuben—<sup>2</sup>to rise up against Moses, together with two hundred and fifty representatives of the Israelites: chieftains of the community, chosen in the assembly, with fine reputations. <sup>3</sup>They combined against Moses and Aaron and said to them, “You have gone too far! For all the community are holy, all of them, and the Eternal is in their midst. Why then do you raise yourselves above the Eternal’s congregation?”

<sup>4</sup>When Moses heard this, he fell on his face.

<sup>1</sup> וַיִּקַּח קֹרַח בֶּן-יִצְחָר בֶּן-קֹהֵת בֶּן-לֵוִי וְדָתָן וְאַבִּירָם בְּנֵי אֱלִיאָב וְאוֹן בֶּן-פִּלֵּת בְּנֵי רְאוּבֵן: <sup>2</sup> וַיִּקְמוּ לְפָנָי מִנְּשָׂה וְאַנְשֵׁים מִבְּנֵי-יִשְׂרָאֵל חֲמֵשִׁים וּמְאַתָּה יְנִיעֵי עֵדָה קְרָאִי מוֹעֵד אַנְשֵׁי-יָשָׁם: <sup>3</sup> וַיִּקְהָלוּ עַל-מֹשֶׁה וְעַל-אַהֲרֹן וַיֹּאמְרוּ אֲלֵהֶם רַב-לָכֶם כִּי כָל-הָעֵדָה כֹּלָּם קֳדָשִׁים וּבְתוֹכְכֶם יְיָ וּמִדּוּעַ תִּתְנַשְּׂאוּ עַל-קְהַל יְיָ:

<sup>4</sup> וַיִּשְׁמַע מֹשֶׁה וַיִּפֹּל עַל-פָּנָיו:

*Baruch atah, Adonai*

*Eloheinu, Melech haolam,*

*asher natan lanu Torat emet,*

*v'chayei olam nata b'tocheinu.*

*Baruch atah, Adonai, notein haTorah.*

בָּרוּךְ אַתָּה, יְיָ

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכָנוּ.

בָּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe,  
who has given us a Torah of truth, implanting within us eternal life.

Blessed are You, Adonai, who gives the Torah.

*Mi shebeirach avoteinu v'imoteinu,*

*Avraham, Yitzchak v'Yaakov,*

*Sarah, Rivkah, Rachel v'Lei-ah,*

*hu y'vareich et [name] ben/bat [parents]*

*baavur she-alah/she-altah*

*lich'vot HaMakom, lich'vod haTorah.*

מִי שְׂבִירַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

אַבְרָהָם, יִצְחָק וְיַעֲקֹב,

שָׂרָה, רִבְקָה, רָחֵל וְלֵאָה,

הוּא יְבָרֵךְ אֶת [name] בֶּן/בַּת [parents]

בְּעִבּוּר שְׂעָלָה/שְׂעָלָתָהּ

לְכָבוֹד הַמָּקוֹם, וְלְכָבוֹד הַתּוֹרָה.

May the One who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless [name] son/daughter of [parents], since he/she has come up to the Torah in honor of God and Torah.

*Bis'char zeh HaKodosh Baruch Hu*

*yishm'reihu/hishm'rehah*

*v'yatzileihu/v'yatzilehah*

*mikol tzarah v'tzukah umikol nega umachalah,*

*v'yishlach b'rachah v'hatzlachah*

*v'chol maaseh Yadav/yadeha,*

*im kol Yisrael. V'nomar: Amen.*

בְּשֵׁכַר זֶה הַקְּדוֹשׁ בְּרוּךְ הוּא

יִשְׁמְרֵהוּ/יִשְׁמְרֶהָ

וַיַּצִּילֵהוּ/וַיַּצִּילֶהָ

מִכָּל צָרָה וְצוּקָה וּמִכָּל נֶגַע וּמַחֲלָה,

וַיִּשְׁלַח בְּרַכָּה וְהַצְלָחָה

בְּכָל מַעֲשֵׂה יָדָיו/יָדֶיהָ,

עִם כָּל יִשְׂרָאֵל. וְנֹאמַר: אָמֵן.

May he/she merit from the Holy One of Blessing protection, rescue from any trouble or distress, and from any illness, minor or serious; may God send blessing and success in his/her every endeavor, together with all Israel, and let us say, Amen.

*Mi shebeirach avoteinu*

*M'kor hab'rachah l'imoteinu.*

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ

מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

May the source of strength, who blessed the ones before us,  
Help us find the courage to make our lives a blessing,  
and let us say, Amen.

*Mi shebeirach imoteinu*

*M'kor habrachah laavoteinu.*

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ

מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

Bless those in need of healing with *r'fuah sh'leimah*,  
The renewal of body, the renewal of spirit,  
And let us say, Amen.

*V’zot HaTorah*

*asher sam Mosheh*

*lif’nei b’nei Yisrael,*

*al pi Adonai b’yad Mosheh.*

וְזֹאת הַתּוֹרָה

אֲשֶׁר שָׂם מֹשֶׁה

לְפָנֵי בְנֵי יִשְׂרָאֵל,

עַל פִּי יְיָ בְּיַד מֹשֶׁה.

This is the Torah which Moses placed  
before the people of Israel,  
God’s word through the hand of Moses.

When Torah entered the world, freedom entered it.

The whole Torah exists only to establish peace.

Its highest teaching is love and kindness.

What is hateful to you, do not do to any person.

That is the whole Torah; all the rest is commentary. Go and learn it.

Those who study Torah are the true guardians of civilization.

Honoring one another, doing acts of kindness,  
And making peace: these are our highest duties.  
But the study of Torah is equal to them all,  
Because it leads to them all.

Let us learn in order to teach.

Let us learn in order to do!

*Ki lekach tov natati lachem,*

*Torati al taazovu.*

*Eitz chayim hi lamachazikim bah,*

*v'tom'cheha m'ushar.*

*D'racheha darchei no-am,*

*v'chol n'tivoteha shalom.*

*Hashiveinu Adonai eilecha v'nashuvah,*

*chadeish yameinu k'kedem.*

כִּי לָקַח טוֹב נָתַתִּי לָכֶם:

תּוֹרַתִּי אֶל תַּעֲזֹבוּ.

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ,

וְתַמְכֶיהָ מֵאֲשָׁר.

דַּרְכֶיהָ דַּרְכֵי נֹעַם,

וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם.

הַשִּׁיבֵנו יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה,

חַדֵּשׁ יָמֵנו כְּקֵדֶם.

For I have give you good instruction; do not abandon My Torah.

It is a Tree of Life for those who hold fast to it,

and all its supporters are happy.

Its ways are ways of pleasantness, and all its paths are peace.

Return us to You, Adonai, and we will return; renew our days as of old.

# D'var Torah

Rabbi Benjamin Zober

*Aleinu l'shabei-ach laadon hakol,*

*lateit g'dulah l'yotzeir b'reishit,*

*shelo asanu k'goyei haaratzot,*

*v'lo samanu k'mishp'chot haadamah.*

*Shelo sam chelkeinu kahem,*

*v'goraleinu k'chol hamonam.*

עֲלֵינוּ לְשִׁבְחָהּ לְאֲדוֹן הַכֹּל,

לְתַת גְּדֻלָּהּ לְיוֹצֵר בְּרֵאשִׁית,

שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,

וְלֹא שָׂמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה.

שֶׁלֹא שָׂם חֵלְקֵנוּ כִּהֵם,

וְגָרְלָנוּ כְּכֹל-הַמּוֹנִים.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations.

*Vaanachnu kor'im  
umishtachavim umodim,  
lifnei Melech  
mal'chei hamlachim  
HaKadosh Baruch Hu.*

וַאֲנַחְנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים,  
לְפָנַי מֶלֶךְ,  
מַלְכֵי הַמְּלָכִים  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

We bend the knee and bow,  
acknowledging the supreme Sovereign,  
the Holy One of Blessing.

Let the time not be distant, O God,  
when all shall turn to You in love,  
when corruption and evil shall give way to integrity and goodness,  
when superstition shall no longer enslave the mind,  
nor idolatry blind the eye.

O may all, created in Your image,  
become one in spirit and one in friendship,  
forever united in Your service.

Then shall Your realm be established on earth,  
and the word of Your prophet fulfilled:  
“Adonai will reign for ever and ever.”

*V'ne-emar, v'hayah Adonai*

*l'Melech al kol Haaretz.*

*Bayom hahu yih'yeh*

*Adonai echad ush'mo echad.*

וְנֵאמַר, וְהָיָה יְיָ  
לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יִהְיֶה

יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

Thus it has been said, Adonai  
will be Sovereign over all the earth.

On that day, Adonai will be one,  
and God's Name will be one.”

*Zichronam livrachah —*

— זְכוֹרֹנָם לְבִרְכָּה

May their memories be a blessing.

*Yitgadal v'yitkadash sh'meih raba,  
b'alma di v'ra chiruteih.*

*V'yamlich malchuteih  
b'chayeichon uvyomeichon,  
uvchayei d'chol-beit Yisrael,  
baagala uvizman kariv.*

*V'imru: Amen.*

*Y'hei sh'meih raba m'varach  
l'alam ul-almei almaya.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעַלְמָא דִּי בְרָא כְרַעוּתֵיהּ,  
וְיַמְלִיךְ מַלְכוּתֵיהּ  
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעֵגְלָא וּבְזִמָּן קָרִיב,  
וְאָמְרוּ אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

*Yitbarach v'yishtabach v'yitpaar*

*v'yitromam v'yitnasei*

*v'yit-hadar v'yitaleh v'yit-halal*

*sh'meih d'kudsha, B'rich Hu,*

*l'eila min kol*

*birchata v'shirata,*

*tushb'chata v'nechemata,*

*daamiran b'alma.*

*V'imru: Amen.*

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵיהּ דְּקֻדְשָׁא בְּרִיךְ הוּא,

לְעֵלָּא מִן כָּל

בִּרְכָתָא וְשִׁירָתָא,

תְּשֻׁבָתָא וְנֶחֱמָתָא,

דְּאִמְיָרוּ בְּעֵלְמָא.

וְאָמְרוּ: אָמֵן.

*Y'hei sh'lama raba min sh'maya,*

*v'chayim aleinu v'al kol-Yisrael.*

*V'imru: Amen.*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,

וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.

וְאָמְרוּ: אָמֵן.

*Oseh shalom bimromav,*

*hu yaaseh shalom aleinu*

*v'al kol-Yisrael*

*V'imru: Amen.*

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל.

וְאָמְרוּ: אָמֵן.

May the Source of peace send peace to all who mourn,  
and comfort to all who are bereaved. Amen.

# Announcements

// Friday, June 19 //

-- 7:30 pm Kabbalat Shabbat Service



## Harmony, Hospitality, and Milestones

Every Friday night, our community writes a new chapter together, sustained by the devotion of our members. This week, we lift up our voices in gratitude to **Jill Flanzraich** for filling our sanctuary with her beautiful piano accompaniment and to **Elsbeth Olson** for greeting us with a warm smile at the door. We also thank **Noel Leiss** for keeping our home sanctuary connected via livestream. Finally, we send our most joyous congratulations and thanks to **Sandra and Doug Goodman** for sponsoring this week's Oneg Shabbat in honor of their remarkable 55th Anniversary! *Yasher koach* to everyone

who makes our community a place of warmth, music, and celebration.

-- Yism'zoom (for those who are online)

Virtual Oneg with live video on Zoom after service. Visit [SinaiReno.org/LIVE](https://SinaiReno.org/LIVE) for details to participate.

To host an in-person Oneg at Temple Sinai, sign up at [SinaiReno.org/Oneg](https://SinaiReno.org/Oneg).

// Saturday, June 20 //

-- **No Torah Study.** We will resume Torah Study with Rabbi Sara Zober via Zoom on August 8th. Visit [SinaiReno.org/TorahStudy](https://SinaiReno.org/TorahStudy) now for information and to enroll in the class.

# Announcements

(Continued)

// Thursday, June 25 //

-- 6:00 pm Shiva Service at Temple Sinai for  
June Cook (néé Roth), mother of Tracy  
Bartlett

// Friday, June 26 //

-- 6:00 pm Shabbat Under the Stars at South  
Valleys Regional Park

// Saturday, June 27 //

-- 10:00 am Bat Mitzvah of Eliana Cohen

// Friday, July 3 //

-- Temple Office Closed (July 4th, Observed)

-- 5:30 pm Tot Shabbat Service (in person  
only)

-- 6:00 pm Shabbat Potluck: Independence  
Day Hotdog & Hamburger BBQ (RSVP:  
[SinaiReno.org/Potluck](http://SinaiReno.org/Potluck))

-- 7:30 pm Kabbalat Shabbat Service

// Tuesday, July 7 //

-- 12:00 pm Lunch with the Rabbis

# Announcements

(Continued)

// Wednesday, July 8 //

-- 7:00 pm Board Meeting (All members welcome.)

// Friday, July 10 //

-- 7:30 pm Kabbalat Shabbat Service with the Oneg Shabbat hosted by Atty Garfinkle and Chris Berry in celebration of their Anniversary

// Friday, July 17 //

-- 7:30 pm Keys to Shabbat

// Friday, July 31 //

-- 6:00 pm Shabbat Under the Stars at Northgate Park

# Announcements

(Continued)

// Volunteers Needed //

Volunteer to chant Torah at our Shabbat service! No experience needed. Practice recordings available. Contact **Laura Smith** ([jpc@sinaireno.org](mailto:jpc@sinaireno.org)) to sign up.

// Livestream Tech Team //

If you are interested in joining the Shabbat livestream tech team, please contact **Michael Gorden** ([vp@sinaireno.org](mailto:vp@sinaireno.org)).

// Renewal Oneg Challenge //

Accept our “Renewal Oneg Challenge” and sign up to host or sponsor an Oneg Shabbat. Visit [SinaiReno.org/Oneg](http://SinaiReno.org/Oneg) for details.

// Sinai Library //

To browse the collection, please visit [SinaiReno.org/Catalog](http://SinaiReno.org/Catalog). To access our virtual collection or browse our upcoming events, visit [SinaiReno.org/Library](http://SinaiReno.org/Library). Questions? Email [Library@SinaiReno.org](mailto:Library@SinaiReno.org).

# Announcements

(Continued)

## Support Us by Donating via...

- Credit Card: [SinaiReno.org/Donate](http://SinaiReno.org/Donate)
- Check: Temple Sinai, 3405 Gulling Road, Reno, NV 89503

## Staying In Touch...

As always, you can contact Temple Sinai and stay in touch through the Temple Office, email, our website, on Facebook, and on Instagram.

Contact Mike in the Temple office at [admin@sinaireno.org](mailto:admin@sinaireno.org) or 775-747-5508 to have a name added to our Mi Shebeirach list. Also, contact Mike if you are not already on our email list and would like to receive our updates, or visit [SinaiReno.org/newsletter](http://SinaiReno.org/newsletter) and click the link to add your name.

## Become a Temple Member...

- Email our Membership Chair at [Membership@SinaiReno.org](mailto:Membership@SinaiReno.org)
- Visit our Membership page at: [SinaiReno.org/Membership](http://SinaiReno.org/Membership)
- Rabbi Benjamin Zober - 775-629-6011, [rabbibenjamin@sinaireno.org](mailto:rabbibenjamin@sinaireno.org)
- Rabbi Sara Zober - 775-629-6159, [rabbisara@sinaireno.org](mailto:rabbisara@sinaireno.org)
- Tova McGilvray, President – 775-223-9519, [president@sinaireno.org](mailto:president@sinaireno.org)
- Mike Stombaugh, Temple Administrator - 775-747-5508, [admin@sinaireno.org](mailto:admin@sinaireno.org)

Additional information can be found online at:

**[www.SinaiReno.org](http://www.SinaiReno.org)**

## ADON OLAM

*Adon olam asher malach,*

*b'terem kol y'tzir nivra.*

*L'eit naasah v'cheftzo kol,*

*azai Melech sh'mo nikra.*

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,

בְּטֵרֵם כּוֹל יִצְרֵר נִבְרָא.

לְעֵת נַעֲשָׂה בְּחִפְצוֹ כּוֹל,

אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.

You are our Eternal God,  
who reigned before any being had been created;  
when all was done according to Your will,  
then You were called Ruler.

*V'acharei kichlot hakol,*

*I'vado yimloch nora.*

*V'hu hayah, v'hu hoveh,*

*v'hu yih'yeh, b'tifarah.*

וְאַחֲרַי כְּכֹלֹת הַכֹּל,

לְבַדּוֹ יִמְלֹךְ נֹרָא.

וְהוּא הָיָה, וְהוּא הוֹבֵה,

וְהוּא יִהְיֶה, בְּתִפְאָרָה.

And after all ceases to be, You alone will rule in majesty.

You have been, are yet, and will be in glory.

*V'hu echad v'ein sheini.*

*L'hamshil lo l'hachbirah.*

*B'li reishit b'li tachlit,*

*v'lo hoaz v'hamisrah.*

וְהוּא אֶחָד וְאֵין שֵׁנִי,  
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.  
בְּלִי רֵאשִׁית בְּלִי תַחֲלִית,  
וְלוֹ הָעֶז וְהַמְשָׁרָה.

And You are One; none other can compare to or consort with You.

You are without beginning, without end.

To You belong power and dominion.

*V'hu Eli v'chai go-ali,  
v'tzur chevli b'eit tzarah.  
V'hu nisi umanos li  
m'nat kosi b'yom ekra.*

וְהוּא אֱלֹהֵי וְחַי גְּאֲלִי,  
וְצוּר חֶבְלֵי בְּעֵת צָרָה.  
וְהוּא נִסִּי וּמָנוֹס לִי  
מִנַּת כּוֹסֵי בַּיּוֹם אֶקְרָא.

And You are my God, my living Redeemer,  
my Rock in times of trouble and distress.  
You are my standard bearer and my refuge,  
my benefactor when I call on You.

*B'yado afkid ruchi,  
b'eit ishan v'a-irah.  
V'im ruchi g'viyati,  
Adonai li v'lo ira.*

בְּיָדוֹ אֶפְקִיד רוּחִי,  
בְּעֵת אִישָׁן וְאֶעֱרָה.  
וְעִם רוּחִי גְוִיָּתִי,  
יְיָ לִי וְלֹא אֵירָא.

Into Your hands I entrust my spirit,  
when I sleep and when I wake,  
and with my spirit my body also;  
Adonai is with me and I shall not fear.

*Baruch atah Adonai*

*Eloheinu Melech haolam,*

*borei p’ri hagafen.*

*Baruch atah Adonai*

*Eloheinu Melech haolam,*

*asher kid’shanu b’mitzvotav*

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בוֹרֵא פְרֵי הַגָּפֶן.

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

Praise to You, Adonai our God, Sovereign of the universe,  
Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe who,  
finding favor with us, sanctified us with mitzvot,

*V'ratzah vanu,*

וְרָצָה בָּנוּ,

*V'shabbat kodsho b'ahavah*

וְשַׁבַּת קֹדֶשׁוֹ בְּאַהֲבָה

*Uv'ratzon hinchilanu*

וּבְרָצוֹן הִנְחִילָנוּ

*Zikaron l'maaseh v'reishit,*

זְכוֹרֹן לַמַּעֲשֵׂה בְּרֵאשִׁית,

*Ki hu yom t'chilah*

כִּי הוּא יוֹם תְּחִלָּה

*L'mikra-ei kodesh,*

לְמִקְרָאֵי קֹדֶשׁ,

In love and favor,

You made the holy Shabbat our heritage  
as a reminder of the work of Creation.

As first among our sacred days,

*Zeicher l'tzi-at Mitzrayim,  
Ki vanu vacharta v'otanu  
Kidashta mikol ha-amim,  
V'shabbat kodsh'cha b'ahavah  
Uv'ratzon hinchaltanu.  
Baruch atah Adonai  
M'kadeish hashabbat.*

זְכוֹר לִיצִיאַת מִצְרָיִם,  
כִּי בָנוּ בְחֵרְתָּ וְאוֹתָנוּ  
קִדְשָׁתָּ מִכָּל הָעַמִּים,  
וְשַׁבַּת קִדְשְׁךָ בְּאַהֲבָה  
וּבְרָצוֹן הִנְחַלְתָּנוּ.  
בָּרוּךְ אַתָּה יְיָ,  
מְקַדֵּשׁ הַשַּׁבָּת.

It recalls the Exodus from Egypt. You chose us and set us apart from the peoples. In love and favor You have given us Your holy Shabbat as an inheritance. Praise to You, Adonai, who sanctifies Shabbat.

## HAMOTZI

*Baruch atah, Adonai Eloheinu,*

*Melech haolam,*

*hamotzi lechem min haaretz.*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,

מֶלֶךְ הָעוֹלָם,

הַמּוֹצֵיא לֶחֶם מִן הָאָרֶץ.

Our praise to You, Adonai our God, Sovereign of the universe,  
who brings forth bread from the earth.

SHABBAT SHALOM

from Temple Sinai!

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